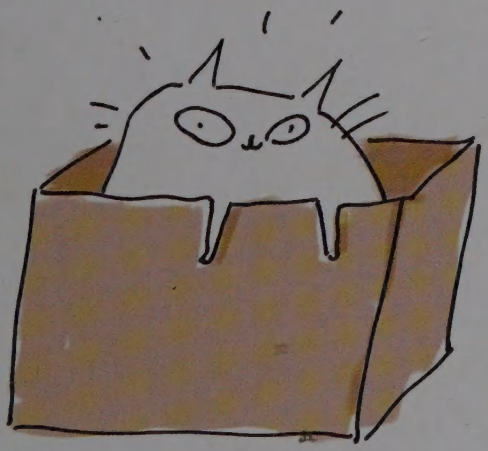
# LIFE LESSONS I LEARNED



# FROM MY CAT

Illustrated by Jamie Shelman

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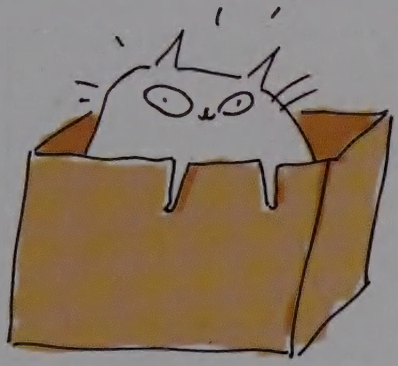

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LOM ART

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DEDICATED TO MY NEIGHBOUR'S CAT,
BROOKSY, WHO WAITS FOR US EVERY
MORNING AT OUR WINDOW

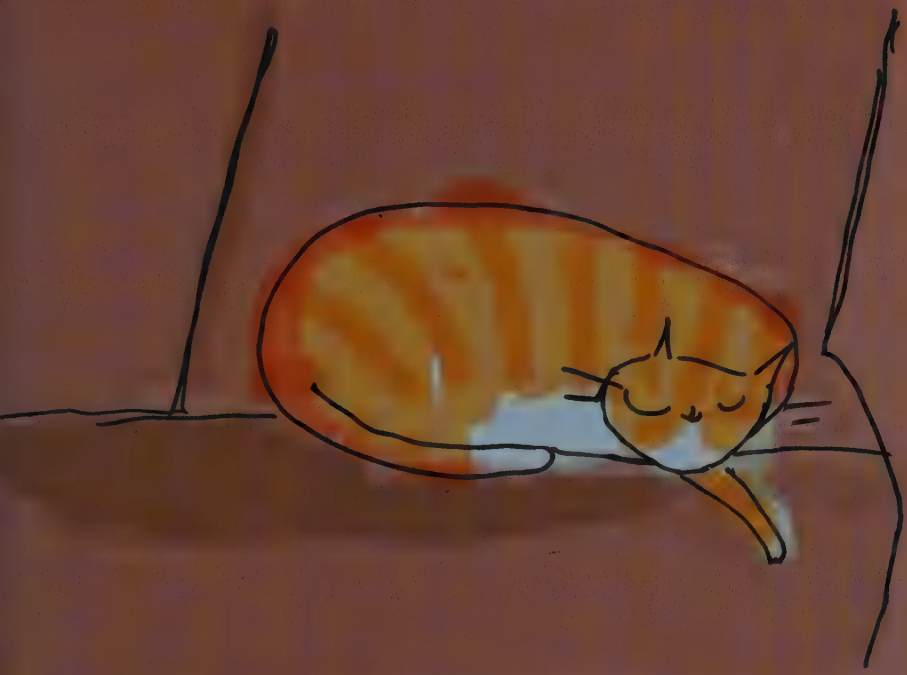
I have loved and lived with many cats throughout my life and know there are many life lessons to be learned from watching our feline friends. From how to live, love and get what you want, to being at peace with oneself and knowing what matters most in life ... food, sleep and a little companionship!

In this fast-paced, distracted world, I find myself now more than ever turning to cats (mostly my neighbour's, Brooksy) for comfort, quietude, joy and even a little guidance. Cats are wise and silly, needy and aloof, simple and unique – and oh-so-brilliant at being content doing nothing. I hope that in this book you can recognize some of the lessons learned from your own cat and that one day we can all learn to sit perfectly still, eyes squinted with pleasure, content until the next meal!

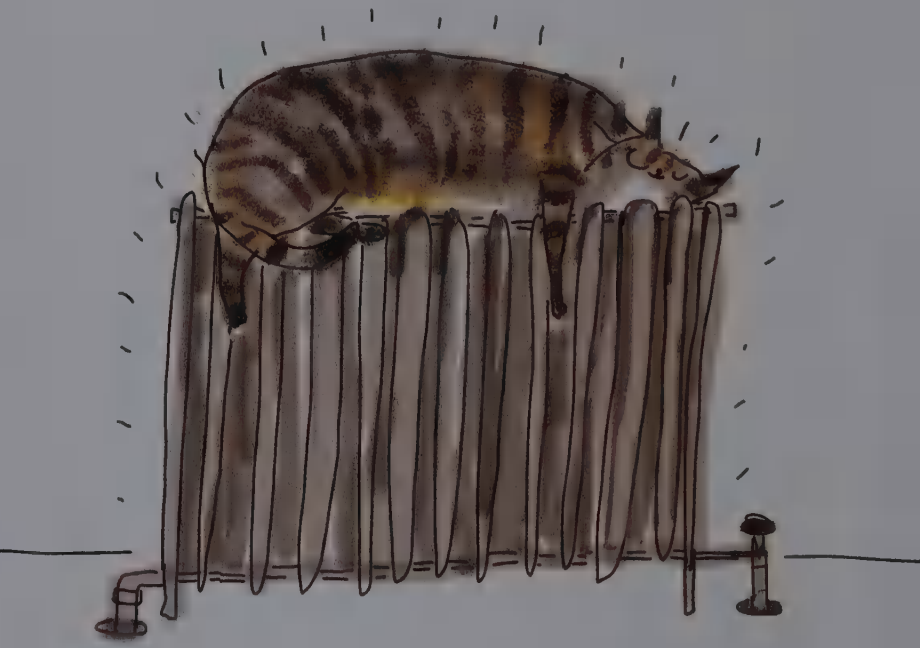
Jamie

STRETCH REGULARLY

GET PLENTY OF REST



... BECAUSE NAPS ARE
NEVER TO BE ASHAMED OF



STAY WARM

ENJOY YOUR QUIET TIME

MAINTAIN A WELL-
GROOMED APPEARANCE

EAT MORE FISH

# SOAK UP THE SUN

ONLY EAT WHAT YOU WANT

WASH WHEN YOU CAN

A BEAUTIFUL MANE
TAKES SERIOUS WORK

... AND SO DOES THE
PERFECT SET OF NAILS

BE AN EARLY RISER

... BUT IT'S OKAY TO STAY
IN BED A LITTLE BIT LONGER

DAYDREAM

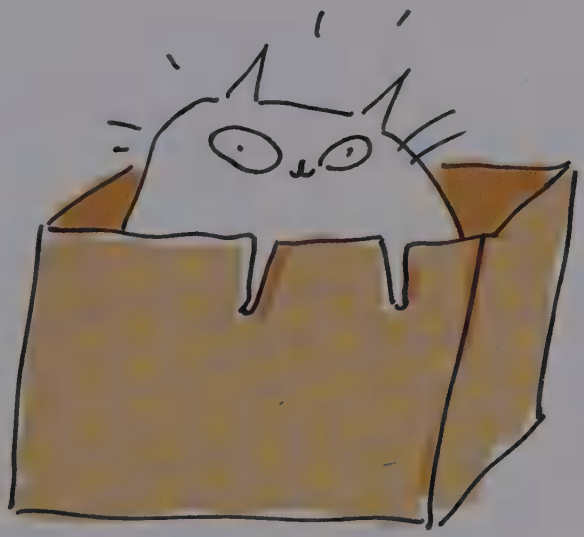
SPEAK UP AND USE YOUR VOICE

CONSERVE YOUR ENERGY

THINK

OUTSIDE

THE BOX



BE PATIENT ...

... AND KEEP YOUR EYE ON THE PRIZE

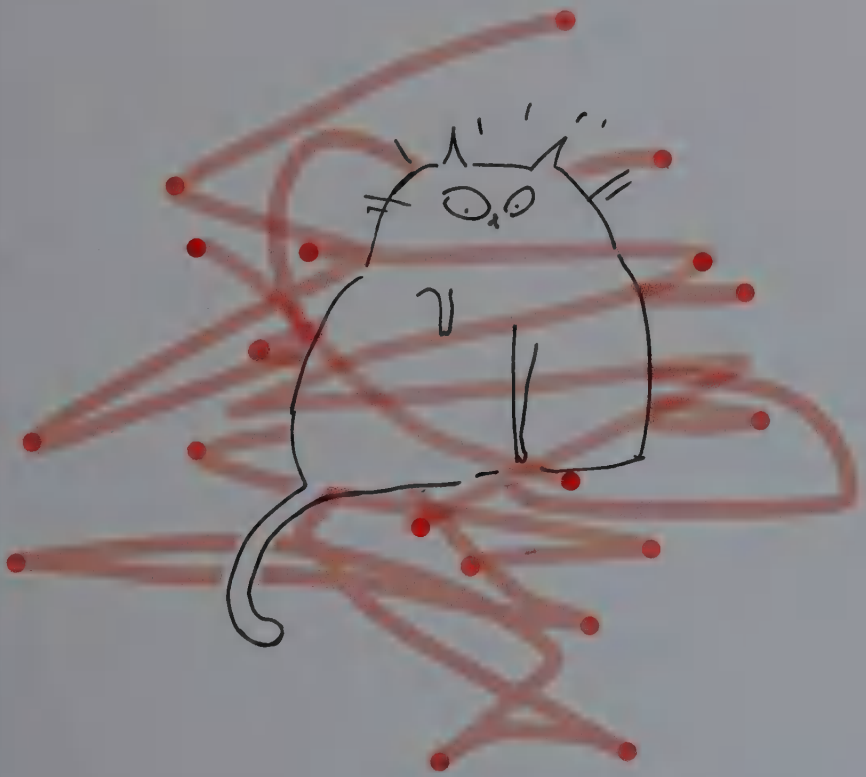
LEARN THE ART OF NEGOTIATION

BE DIRECT

GIVE POSITIVE FEEDBACK

MAKE EYE CONTACT

SHRED ALL DOCUMENTS

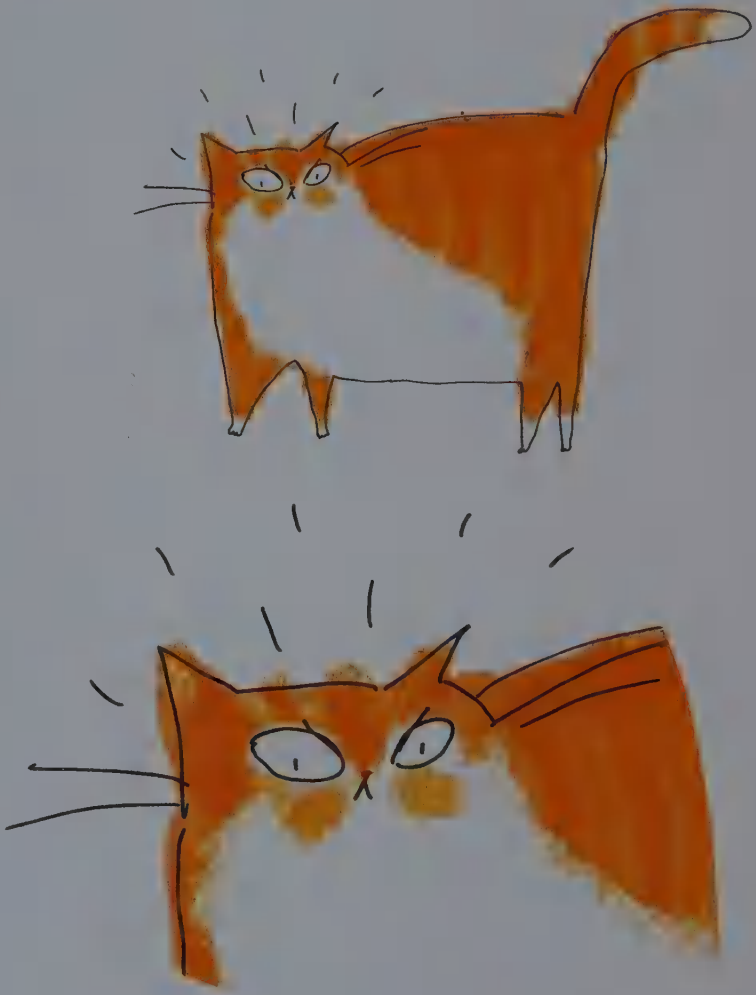


DON'T BE DISCOURAGED

DON'T
WORK TOO
HARD

BE ESPECIALLY ATTENTIVE
TO THE ONE PERSON IN THE
ROOM WHO DOESN'T LIKE YOU

BE PLEASED WITH YOUR
ACHIEVEMENTS, HOWEVER SMALL



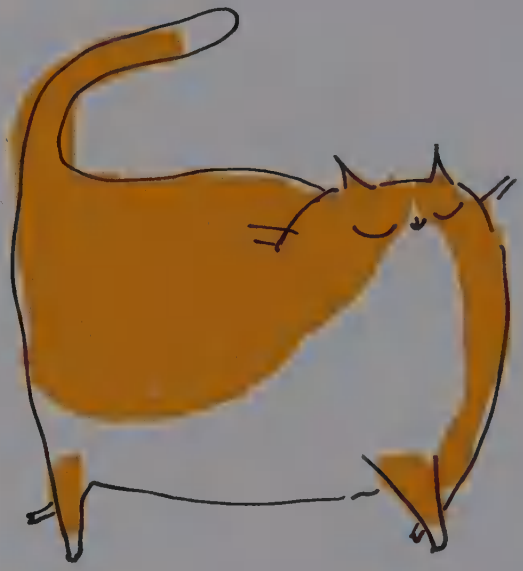
PURRFECT YOUR DEATH STARE

PURRFECT YOUR POKER FACE

MAKE

YOUR

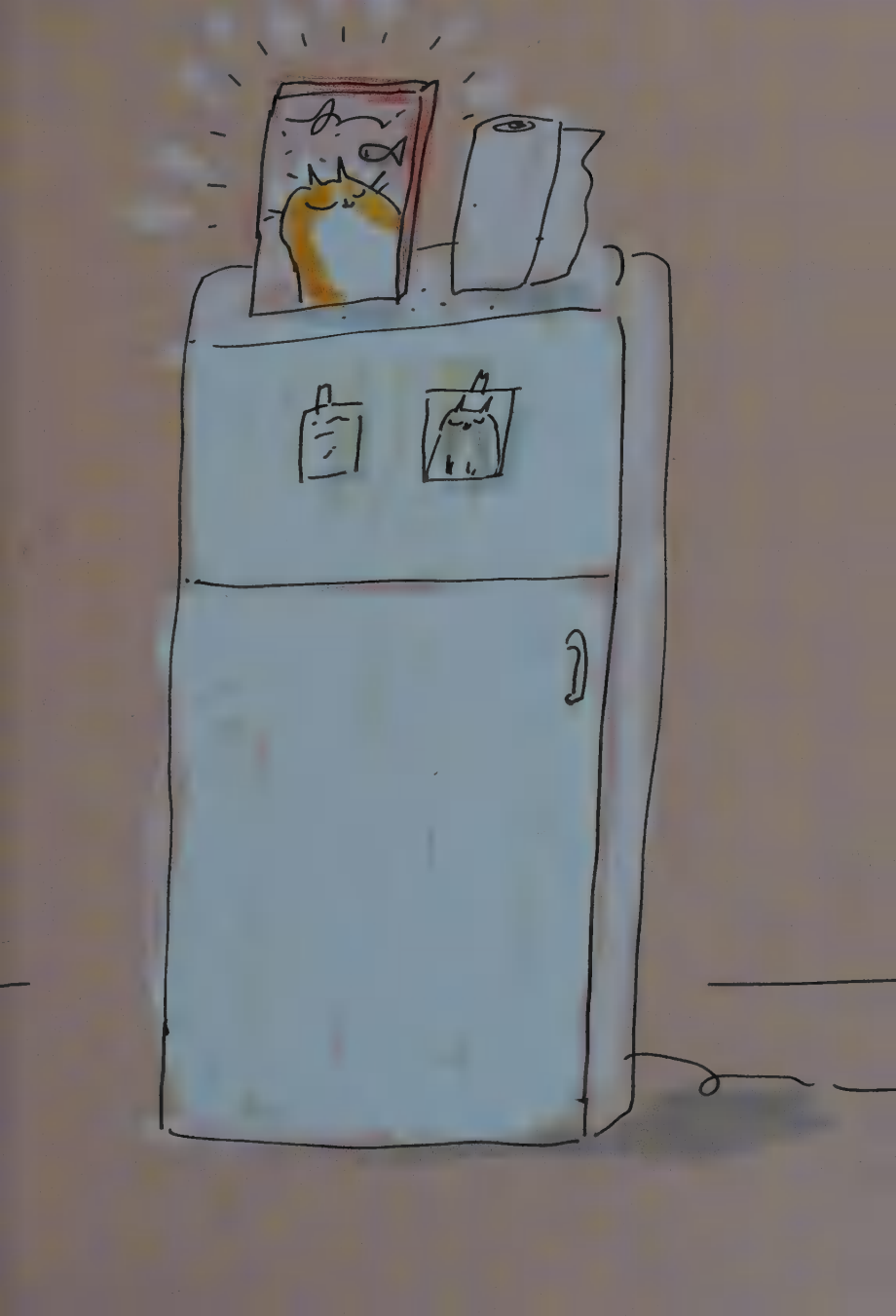
MARK



WALK WITH (¢)ATTITUDE

... AND KEEP THE CLAWS SHARP

STAY FOCUSED



ONCE YOU'VE MADE UP YOUR MIND,
DON'T CHANGE IT

AIM HIGH

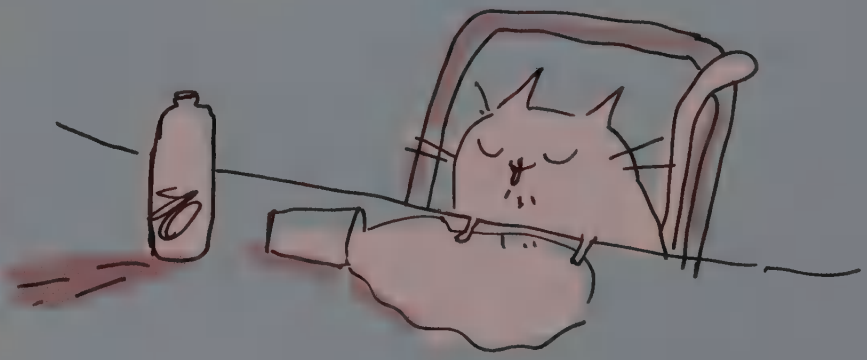
THE BEST SOLUTION TO A
PROBLEM IS A NAP

ANXIETY IS
NOTHING TO BE
ASHAMED OF

LIVE IN THE MOMENT

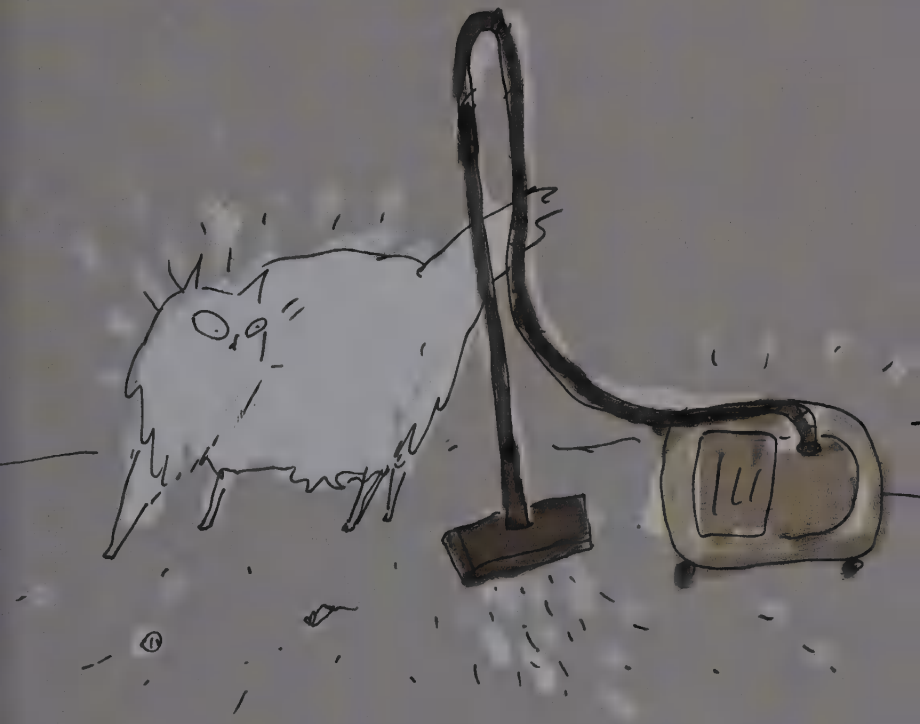
BE RESILIENT

DON'T SWEAT THE SMALL STUFF



BEING ANTI-SOCIAL IS OKAY

TAKE TIME TO REFLECT



CONFRONT YOUR FEARS

SLOW DOWN

EXERCISE ONLY WHEN
YOU FEEL LIKE IT

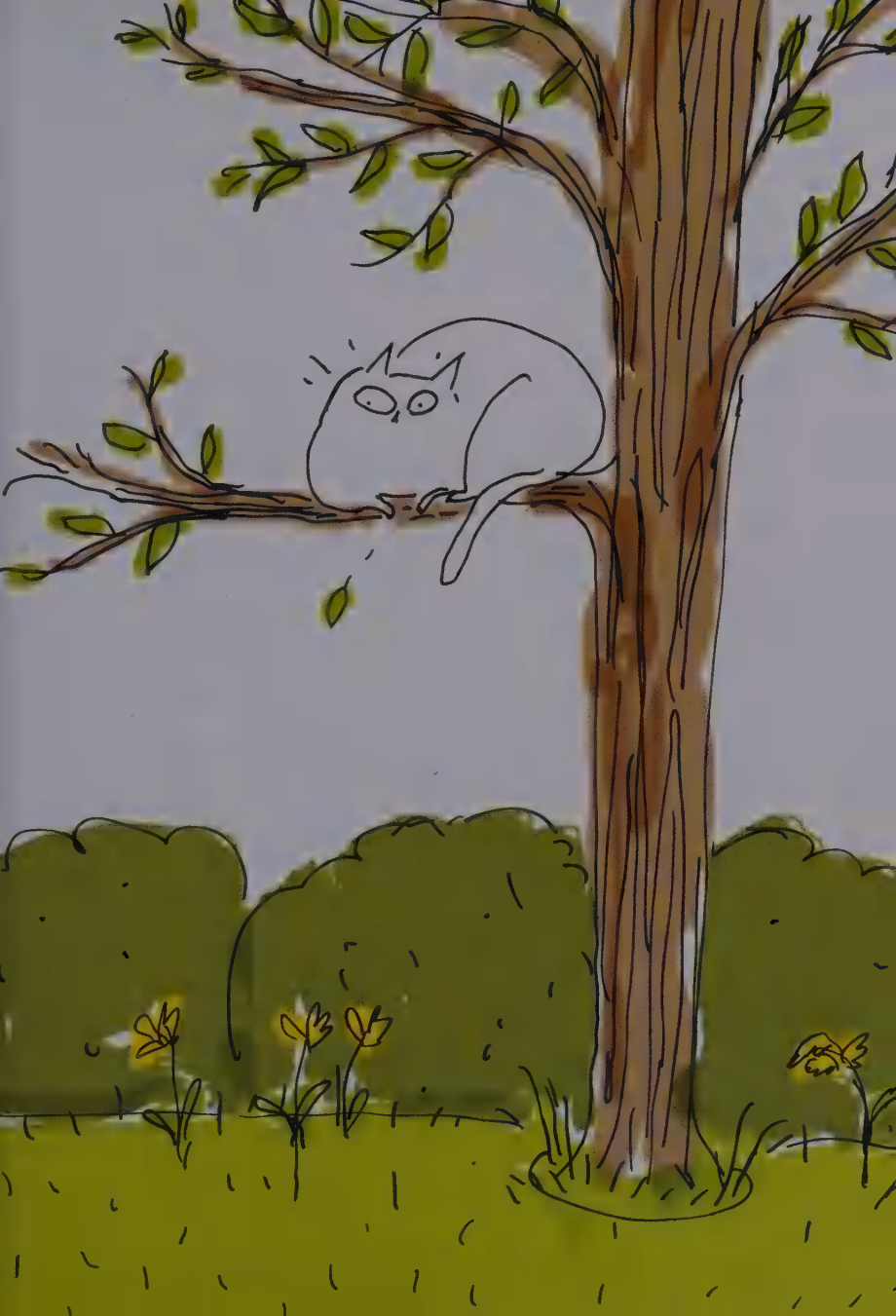
LIVE

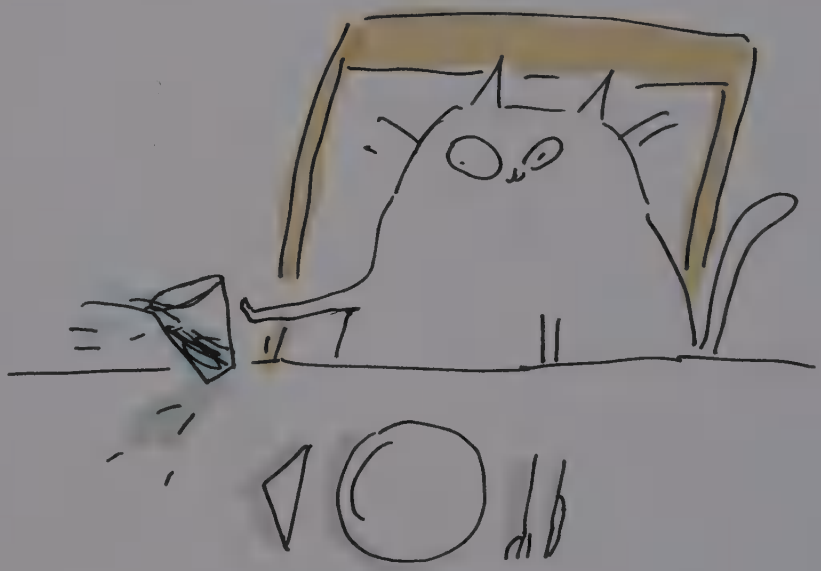
OUTSIDE

OF YOUR

COMFORT

ZONE





NOTHING IS PERSONAL

IRRATIONAL FEARS ARE NORMAL

MAKE THE MOST OF
WHAT YOU'VE GOT

DRINKING WATER IS
GOOD FOR THE SOUL

LOOK AFTER YOURSELF FIRST

DON'T BE AFRAID TO LET
SOMEONE KNOW YOU LIKE THEM

ALWAYS LOOK PLEASED WHEN
THEY COME THROUGH THE DOOR

BE WHO YOU ARE
AND THE RIGHT
PERSON WILL
LOVE YOU FOR IT

BE GOOD AT RECEIVING AFFECTION

BUT DON'T BE NEEDY

STAY AT LEAST TEN FEET AWAY FROM
YOUR LOVED ONE AT ALL TIMES

WOMEN AND CATS WILL
DO AS THEY PLEASE

... AND MEN AND DOGS SHOULD RELAX
AND GET USED TO IT

LOVE YOURSELF FIRST

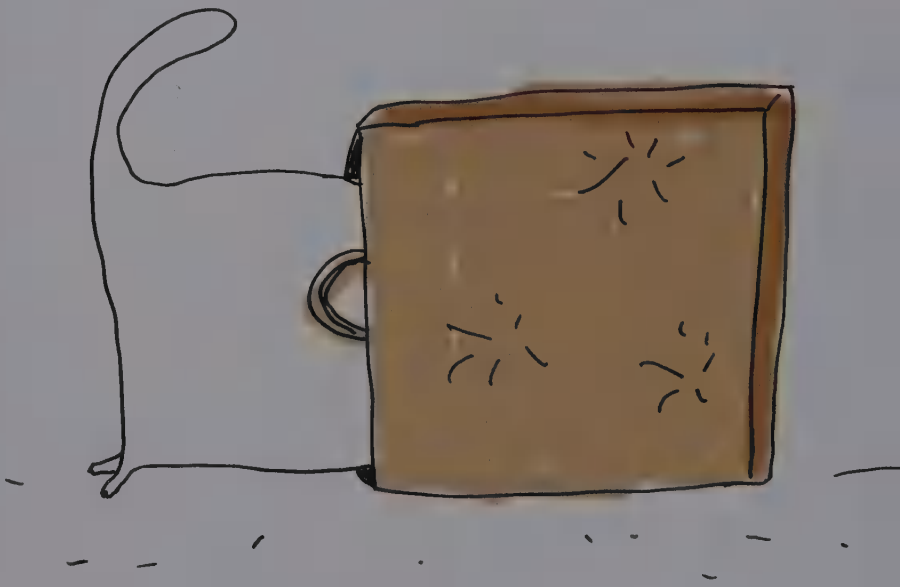
ACCEPT LOVE ON YOUR OWN TERMS

IGNORE ANYONE WHO
DOESN'T WORSHIP YOU

LOOK BEFORE YOU LEAP

NEVER TRUST
A MAN WHO
DOESN'T
LIKE CATS

TRUST YOUR INTUITION



BE CURIOUS

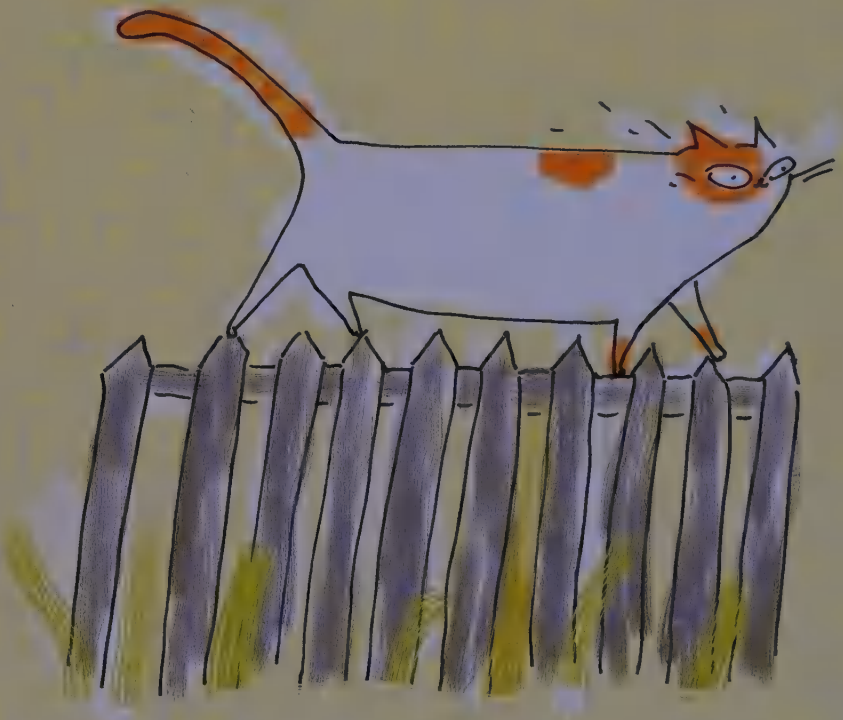
BE YOURSELF

BE INDEPENDENT

BE ELUSIVE

SOMETIMES YOU WILL
LEAP AND FALL ...

... BUT YOU CAN LAND
ON YOUR FEET



# TEST THE BOUNDARIES

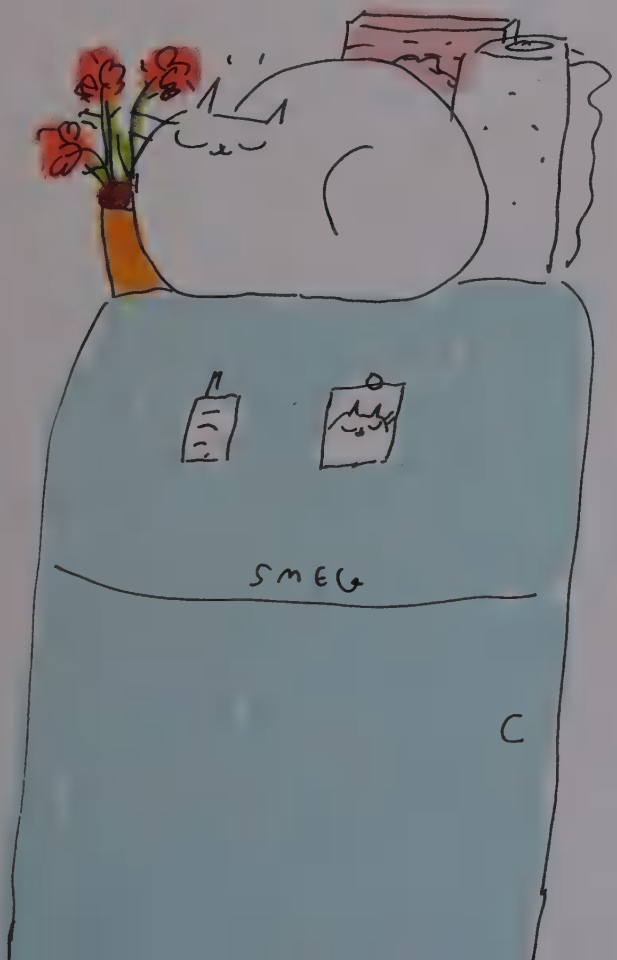
PRESERVE YOUR DIGNITY AT ALL TIMES

BE A GOOD LISTENER

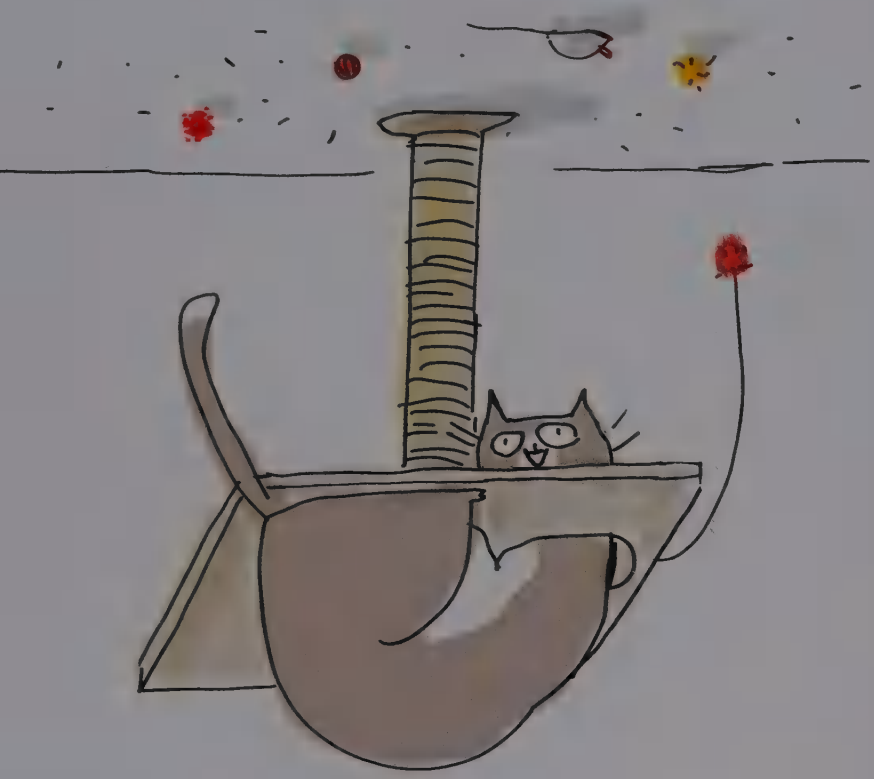
MAKE THE MOST OF YOUR NINE LIVES

EXPLORE THE WORLD

NAP ANYWHERE



LOOK AT THINGS FROM A DIFFERENT PERSPECTIVE



DON'T WORRY WHAT
OTHERS THINK OF YOU

A HISS IS WORTH A
THOUSAND WORDS

BE EASILY ENTERTAINED

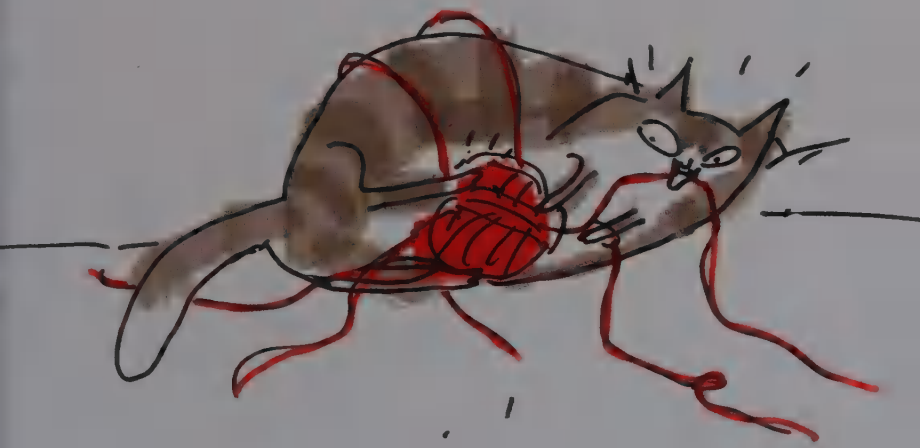
GET AWAY
WITH MURDER
BY LOOKING
CUTE

BE THE CENTRE OF ATTENTION
AT WHATEVER COST

THERE'S NOTHING BETTER
THAN A GOOD BOOK

LEARN TO MAKE YOURSELF
COMFORTABLE WHEREVER YOU ARE

NEVER LOSE YOUR PLAYFULNESS



STAND YOUR GROUND

BE TAKEN
ON YOUR
OWN TERMS

ALWAYS GIVE GENEROUSLY

CHOOSE YOUR FRIENDS WISELY

BE SILLY ... AND OFTEN

KEEP YOUR ENEMIES CLOSE

EMBRACE

YOUR

WEIRD

BE TOLERANT OF CHILDREN

CELEBRATE FAMILY MEALTIMES

IF YOU WANT SOMEONE'S ATTENTION,

SIT IN FRONT OF THE TV

ALWAYS DEFEND YOUR HOME

A CHAOTIC HOME IS A HAPPY HOME

DON'T BE AFRAID OF MICE

NEVER LET
ANYONE
DRESS YOU

THE BEST SEAT IN THE
HOUSE IS THE ONE SOMEONE
IS ALREADY SITTING ON

# LIVE BETTER. LIVE LIKE YOUR CAT.

They may have nine lives but there is much cats can teach us about getting the most out of the one we have. Whether it's advice for purrfecting your downtime, navigating romance, friendships or your career, this book features 100 essential lessons to help you through the ups and downs of life.

So, put down your self-help book and pick up your cat. It's time to take a nap with the life guru you never knew you had.

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